

# Mind/Body/Spirit Training for Pain and Anxiety



*A continuing education program for nurses, health and wellness professionals*  
5.5 nursing contact hours for nurses meeting the standards of the Massachusetts Board of Nurses

If you would like to incorporate simple yet profound interventions for your patients' mind, body, and spirit, this is the workshop for you.



In the beauty and comfort of The Lyman Center's new meeting room, you will develop evidence-based holistic skills that have a profound impact on pain and anxiety. Learn how to...

- lead a guided music listening exercise
- use recorded music therapeutically
- guide a 4 step breathwork exercise
- lead guided imageries

Cost includes comprehensive handouts, coffee/tea/water, snacks, a certificate of completion, and nursing contact hours. Bring a lunch or plan to go out.

By 5/1/11, \$75. After 5/1/11, \$100. (MC/Visa accepted)

**Monday, May 16, 2011**

**9am to 3:30pm (registration at 8:30am)**

**at The Lyman Center, 58 Macy St., Amesbury, MA 01913**

Presented by Gale Lyman, RN, BSN, CCM, HN-BC, a board certified holistic nurse and the founder of The Lyman Center for healing and learning. Gale has presented engaging educational programs in more than 20 states and in Europe. Gale offers the skills taught in this workshop to her clients at The Lyman Center, to the residents of a long term care facility, and in group activities for employee wellness, senior wellness, and volunteer recognition events.



*The Lyman Center for Healing and Learning*

Amesbury, Massachusetts

[www.lymancenter.com](http://www.lymancenter.com)

978-388-9564

# Pre-Registration Form

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**Print and mail this with payment to The Lyman Center, 58 Macy St., Amesbury, MA, 01913.**

- ☞ Confirmations and receipts are provided only upon request.
- ☞ For nursing continuing education, attendance at the entire workshop and completion of a program evaluation is necessary for successful completion.
- ☞ Nurses receive **5.5 continuing nursing education contact hours**
- ☞ Overnight accommodations are available ¼ mile from The Lyman Center at the Fairfield Marriot. Please make your desired arrangements with the hotel.
- ☞ Included: comprehensive handouts, coffee/tea/water, snacks, a certificate of completion, and nursing contact hours.
- ☞ Bring lunch or plan to go out. A small refrigerator and microwave are available.

**Name:** \_\_\_\_\_  
(as you want it to appear on your certificate)

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

\$75 by May 1; after May 1, \$100 \$\_\_\_\_\_ enclosed

**Payment method:**

\_\_\_ Check payable to "The Lyman Center" \_\_\_ Money order \_\_\_ MasterCard \_\_\_ Visa

Card # \_\_\_\_\_ Card Exp. \_\_\_ / \_\_\_ V-Code \_\_\_\_\_

(The V-code is last 3 digits on signature panel on back of card)

Signature: \_\_\_\_\_

Print name as it appears on the card: \_\_\_\_\_

Billing address for card (if different from address above): \_\_\_\_\_

**Do you require any ADA accommodations? If "yes" please specify.**

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